

**Junior Governor's Cup Training Program is here!**

For more details, click on the website: [www.govcup.bcbsmt.com](http://www.govcup.bcbsmt.com)

Dear Montana Educator:

We invite you to join other schools across Montana by taking part in the Junior Governor's Cup Training program. As a complement to your school's balanced physical education curriculum, the Jr. Gov Cup is an excellent way to encourage students to establish a physical exercise routine and increase their overall health and fitness. Every school participating will be eligible for a drawing for one of five-\$500 awards. In addition, every student in the Jr. Gov Cup program will receive a FREE wristband **or** medal for participating in the six-week self-contained program!

Junior Governor's Cup Fitness Training Program materials are free to all participating schools. The program is designed to be fun for everyone, gradually increase physical activity, provide useful fitness tips and encourage a physically active, healthy lifestyle. We recommend that all students participating in the Jr. Gov Cup program have the opportunity to train for an hour at least twice a week for a six-week period. A student tracking sheet is included with the materials so all students can track their progress on a daily basis.

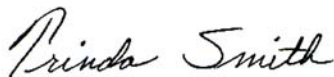
Just a couple hours a week can motivate and prepare students to participate in the Governor's Cup events June 6, 2009 in Helena or in a concluding event at your school. Documents for organizing your own school event are included on the website at [www.govcup.bcbsmt.com](http://www.govcup.bcbsmt.com).

Participating teachers/volunteers receive a complimentary Governor's Cup T-shirt. Please indicate the correct number of adult shirts and sizes on the Jr. Governor's Cup order form. The general rule of thumb is that volunteers who assist with the training for two hours or more can receive a shirt. Sizes available: Small, Medium, Large, X-Large, and XX-Large.

To sign your school up for the Jr. Gov Cup program, please log on to the website ([www.govcup.bcbsmt.com](http://www.govcup.bcbsmt.com)) to complete the order form, then fax the form to 406-444-3570 or mail your order no later than March 23. Please contact Trinda Smith, at 1-800-447-7828, ext. 8261 or by email at [trinda@caring4kidsmt.com](mailto:trinda@caring4kidsmt.com) if you have any questions.

Upon completion of your school's training program, please complete and return the School Incentive Form in order to be included in the drawing for school incentive awards.

Sincerely,



Trinda Smith  
Blue Cross and Blue Shield of Montana Governor's Cup

**P.S. If your school is already participating in the Big Sky Fit Kids program, students can apply miles earned through BSFK to the Jr. Governor's Cup Training Program.**